

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A solid lubricant for being embedded in pores or grooves formed at a sliding surface of a sliding member body, comprising 5 to 30% by volume of a polyethylene resin, 20 to 60% by volume of a hydrocarbon-based wax and 10 to 60% by volume of melamine cyanurate, the solid lubricant having a friction coefficient of not more than 0.100.
2. (Original) A solid lubricant according to claim 1, wherein said hydrocarbon-based wax is at least one material selected from the group consisting of paraffin waxes, polyethylene waxes and microcrystalline waxes.
3. (Previously Presented) A solid lubricant according to claim 1, further comprising as an additional component, at least one compound selected from the group consisting of higher-fatty acids, higher-fatty esters and higher-fatty amides in an amount of 1 to 10% by volume.
4. (Previously Presented) A solid lubricant according to claim 1, further comprising as an additional component, a metallic soap in an amount of 3 to 20% by volume.
5. (Previously Presented) A solid lubricant according to claim 1, further comprising as an additional component, a phosphate in an amount of 3 to 15% by volume.
6. (Previously Presented) A solid lubricant according to claim 1, further comprising as an additional component, a high-molecular weight polytetrafluoroethylene resin in an amount of 0.5 to 10% by volume.
7. (Previously Presented) A sliding member comprising a sliding member body, and the solid lubricant as defined in claim 1, which is embedded in pores and grooves formed at the sliding surface of the sliding member body.

YAMAMOTO

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8. (Canceled).